

Ballymena Academy  
Concussion Letter

LETTER TO BE SIGNED BY PARENT / GUARDIAN AND RETURNED TO THE SCHOOL OFFICE

Date

Dear Sir / Madam

RE \_\_\_\_\_ (Pupil Name)

\_\_\_\_\_ (Form)

My son / daughter had a suspected concussion on \_\_\_\_\_. In line with the School Policy, on the school website, I have monitored his / her condition closely over the 24 hours following the injury and during the Graduated Return to Play period.

I confirm that during this period, the Graduated Return to Play protocol has been followed. None of the symptoms outlined has developed during this period.

I have / have not (delete as appropriate) sought medical advice about my child's condition.

I confirm that I am happy for my child to resume sporting activity at stage 5 (day 21-22) and if there are no further medical issues resulting, for them to return to normal play at stage 6 (day 23).

Yours faithfully,

\_\_\_\_\_ (Parent / Guardian name)

\_\_\_\_\_ (Parent / Guardian signature)

Rehabilitation stage	Functional exercise at each stage or rehabilitation	Objective of each stage	Time
Stage 0 Rest		Rest	Day 1-2
Stage 1a	Symptom Limited Activity	Daily activities that do not provoke symptoms. <i>E.g. walking at a comfortable pace, breathing slightly increased.</i>	Day 1-2 to day 14
Stage 1b	Symptom Limited Exercise	Exercise that does not provoke symptoms. Slowly build up the duration and intensity of the exercise. <i>(e.g. Walking or jogging at a pace to cause minimal sweating, slight breathlessness and able to hold conversation.)</i>	
Stage 2	Increased Aerobic Exercise	Jogging / stationary bike at a pace to cause sweating, breathlessness and able to hold conversation with difficulty. <b>Non-contact activities. No resistance training.</b>	Day 15-16
Stage 3	Sport Specific Exercise	Running drills building to max 60-80% effort. <i>(e.g. non-contact warm up)</i>	Day 17-18
	Balance exercises	Lower level resistance training <i>(e.g. body weight exercises)</i>	

Stage 4	Non-Contact Training	-Training drills. - High level balance tasks. - May start progressive resistance training. <b>No contact</b>	Day 19-20
Stage 5	Full contact practice following medical clearance, participate in normal training activities.		Day 21-22
Stage 6	Return to normal game play.		Day 23

No resistance training until stage 3.  
No contact until stage 5, following medical clearance.